




Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (\$)- Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Fall 2016 Program Schedule 862-8445 <u>Facility Coordinator</u> Randall Miller Jr. <u>Program Coordinator</u> Pam Caban <u>Recreation Leaders, Rec Attendants, & Lifeguards (*)</u> Cassie Deas Christy Lusk-Reed Leslie Martinez-Garcia Treyleanna Robinson Bethany Ball Lamar Brinkley Jazmin Ramirez Portia Mitchell Larry Shelton Sr. Waldrian Coleman* Dennis Morrow* William Graham* Luke Lewis* <u>Class Instructors</u> Coleman Staff William Graham b.fab.fitness 3D and Nicki Cynthia Cardenas Barbara Clinton Carla Hart	6:00-12:00pm Adult Open Gym (Basketball) 6:30-7:15am Water Wake-up(\$) w/Will 9:30-10:15am F.I.R.E.(\$) w/Will 10:00-11:00am Arthritis Foundation Aquatics Class w/Dennis 11:00-12:00pm Lap Swim/Water Walking 12:00-2:00pm Open Swim 3:00-6:00pm After-School Zone 4:30-7:00pm Lap Swim/Water Walking 7:15-8:30pm Line Dancing w/3D and Nicki 7:00-8:00pm b.fab.funk(\$) 	6:00-1:00pm Adult Open Gym (Basketball) 6:30-7:30am Gentle Yoga w/Barbara 10:00-11:00am Senior Water Aerobics w/Dennis 12:00-1:00pm Lap Swim/Water Walking 2:00-5:00pm Open Swim 3:00-6:00pm After-School Zone 5:15-6:00pm Swim Lessons(\$) w/Dennis and Wally 6:00-7:00pm Water Aerobics(\$) w/Dennis 7:00-8:00pm b.fab.funk(\$) 	6:00-12:00pm Adult Open Gym (Basketball) 6:00-8:00am Lap Swim/Water Walking 9:30-10:15am F.I.R.E.(\$) w/Will 10:00-11:00am Senior Swim 11:00-12:00pm Lap Swim/Water Walking 12:00-2:00pm Open Swim 3:00-6:00pm After-School Zone 3:00-6:00pm Indoor Soccer http://www.meetup.com/Nashville-soccer/ 6:30-7:30pm Strength and Conditioning(\$) w/Cynthia Membership Fees: <u>Daily Pass (Fitness Center)</u> Adult \$3.00 Youth & Senior \$1.50 <u>10 Visit Pass (Fitness Center)</u> Adult \$20.00 Youth and Senior \$10.00 <u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Youth and Senior \$20.00 <u>10 Pass Fit Card (Classes)</u> \$30.00	6:00-1:00pm Adult Open Gym (Basketball) 6:30-7:15am Water Wake-up(\$) w/Will 10:00-11:00am Senior Water Aerobics 12:00-1:00pm Lap Swim/Water Walking 2:00-5:00pm Open Swim 3:00-6:00pm After-School Zone 5:15-6:00pm Swim Lessons(\$) w/Dennis and Wally 6:00-7:00pm Water Aerobics(\$) w/Dennis 7:00-8:00pm b.fab.funk(\$) 	6:00-12:00pm Adult Open Gym (Basketball) 6:00-8:00am Lap Swim/Water Walking 6:30-7:30am Gentle Yoga w/Barbara 9:30-10:15am F.I.R.E.(\$) w/Will 10:00-11:00am Senior Swim 11:00-12:00pm Lap Swim/Water Walking 12:00-2:00pm Open Swim 3:00-6:00pm After-School Zone 6:00-7:00pm Chicago Steppin' W/Carla   @ "Coleman Park Community Center"	8:00-10:00am Family Open Gym (family time only, no full court games) 8:00-9:00am Lap Swim/Water Walking 9:00-10:00am Water Aerobics(\$) w/Dennis 10:00-11:00am Hatha Yoga(\$) w/Cynthia 10:00-11:30am Open Swim  During the After-School Zone (ages 6-14) hours of 3:00-6:00pm, gymnasium and game room will be closed to adults due to programming. Also, when school is not in session, the hours will be 9:00am-4:00pm for youth ages 6-14. The gymnasium and game room will be closed to adults during this time unless you are a parent with a child within the age group of 6-14.

Coleman Park Regional Community Center Class Descriptions:

Aqua:

Senior Water Exercise- a low impact class that focuses on cardio trainings. Ages 55 & up.

Arthritis Foundation Aquatics Class- suitable for every fitness level and will help you reduce pain and stiffness while increasing strength, flexibility and stamina. Those who have participated in the physical activity programs report having an improved outlook and increased energy as well.

Water Aerobics- a high impact water exercise class that focuses on toning and cardio.

Water Wake-up- a full body workout designed to promote muscular strength and development by using the natural resistance of water

Dance Cardio:

b.fab.funk- b.fab's our own choreography of simple dance moves set to hip-hop, pop, latin and even a little bollywood. A high-energy, epic good time that will leave you with sweat and a smile. No experience is required, just a desire to move and have fun!

Line Dancing with 3D and Nicki- Line dancing, Chicago style!

Chicago Steppin- Chicago style line-dancing.

Cardio and Strength:

F.I.R.E - FIRE stands for (F)-Flexion, (I)- Isometric, (R)- Resistance, (E)- Extension.

Strength and Conditioning- this class is a combination of strength, cardio, muscle, endurance, flexibility, core, and functional movement patterns. Perform a variety of training styles such as bodyweight training, high intensity interval training, isolation movements, circuit-styles and more to challenge your mind and body while blasting calories and having fun!

Yoga:

Gentle Yoga- Free yoga class (beginner to advanced)

Hatha Yoga- classes are based on classic and ancient practices with attention to breath and alignment. This class encourages relaxation, increased body awareness, development of flexibility and brings balance, strength, and calmness to the practitioner.